



William G. Dressel, Jr., EXECUTIVE DIRECTOR ■ Michael J. Darcy, CAE, ASSISTANT EXECUTIVE DIRECTOR

September 14, 2006

Dear Mayor:

On Friday October 6, 2006, New Jersey state public employees will gather at Noon at the State House in Trenton to begin a 1-Mile "Walk for Wellness." The Mayors Wellness Campaign (www.mayorswellnesscampaign.org) and the New Jersey State League of Municipalities (www.njslom.org), in conjunction with *Working Well NJ* (www.state.nj.us/personnel/) challenges all New Jersey residents, and municipalities to join in and walk for 1-mile on October 6, 2006 at 12 noon.

By joining state public employees in this 1-mile walk, you will show your commitment to taking specific steps to ensure that good health, as well as long life, are enjoyed by all New Jersey residents.

To organize your walk:

- select a walk captain to help organize your walk and recruit interested walkers
- map out a 1-mile trail or visit www.njtrails.org to locate a trail in your area.
- send out brief email messages or post a walking poster in common areas
- schedule a sign up day
- provide water for your participants
- notify your local police of your walking time and trail route
- notify the local press
- let us know about your walk. Complete the enclosed form and return to *Working Well NJ*

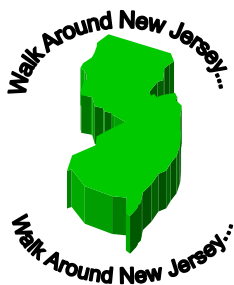
The Mayors Wellness Campaign (MWC) was created to equip mayors and other key leaders with the tools to develop and implement active-living initiatives in their communities. The ultimate goal of the MWC is to improve health and the quality of life, while reducing the skyrocketing health care costs that are associated with obesity. Be sure to visit our webpage often for new and affordable ways you can keep your town fit.

Working Well NJ is a statewide wellness initiative that provides government employees across the State with the knowledge, resources and incentives to improve the quality of their lives at home and in the workplace. The program is a partnership between the New Jersey Department of Personnel, the Department of Health and Senior Services and all state agencies. It is our goal to provide New Jersey's government employers with the tools to promote and maintain the mental and physical health of New Jersey's public workforce. *For additional information, call Working Well NJ at (609) 292-0271*

Very truly yours,

William G. Dressel, Jr.
Executive Director

Mayors Fax Advisory



Let's Step Up...Join the Walk....

Join a statewide 1-mile Walk Around New Jersey!

October 6, 2006 12 Noon

Let's Walk All 8,729 square miles of New Jersey!

The Mayors Wellness Campaign and the New Jersey State League of Municipalities, in conjunction with *Working Well NJ* challenges individuals, communities, and professionals to take specific steps to ensure that good health, as well as long life, are enjoyed by all. Let's walk for a healthy New Jersey!

Challenge your employees to join the walk!



For More Information Visit:

OR CALL (609) 292-0271



www.state.nj.us/personnel

www.mayorswellnesscampaign.org

Working Well NJ, a partnership of The New Jersey Department of Personnel and the Department of Health and Senior Services, serves as an informational clearinghouse and wellness link for our State's public employees and employers.

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On October 6, 2006, New Jersey state public employees will gather at the State House in Trenton, NJ to begin a 1-Mile Walk for wellness!

To have your steps count please fax or mail this form to:

New Jersey Department of Personnel
Division of Employee Services
PO Box 319
Trenton, NJ 08625
FAX # (609)943-4849



Location (Municipality) _____

Organization _____

of Walkers _____ Distance of walk _____
